Orchard Park Community Education

Fall 2021
Phone: 209-6295
GENERAL INFORMATION

REGISTRATION
1.) No telephone registrations will be accepted. Late registration after the start of the class may be accepted if space is available. Payment must accompany registration to assure a spot in the class. Registration forms are located on page 26.
2.) You may mail your registration form or come to the Community Education office located in the Orchard Park High School at 4040 Baker Road. For further information call 209-6295 or check our web site www.opschools.org, for updates on the Community Education program.
3.) Evening registrations will be held on September 14 & 16 from 6:00-8:00PM in the Community Education Office, located adjacent to the Orchard Park High School cafeteria.

FEES
1.) If registering by mail, please enclose a check or money order with your completed registration form. Make checks payable to Orchard Park Central School District, unless otherwise specified.
2.) If registering in person, fees must be paid at that time. Cash or check only, no credit cards accepted.
3.) A senior citizen discount of $3.00 per course will be available to all registrants age 55 and older unless otherwise specified. Please deduct $3 from your payment.

COURSE CANCELLATIONS
1.) If your course is cancelled due to insufficient enrollment, you will receive a full refund by mail. Students will be notified by mail, email or phone if a course is cancelled.
2.) Please listen to local radio and television stations for weather related or emergency closings.
If Orchard Park Schools are closed, then there are no Community Education Classes.

CONFIRMATIONS
1.) We do not send confirmations. The only time you will hear from us is if the class is cancelled or if there is a change in date, time or location. If you do not hear from us please plan on attending at the scheduled time and location listed in this catalog.

WITHDRAWALS/TRANSFERS
1.) If you wish to withdraw from a Community Education course, please notify our office at 209-6295 at least one week prior to the start of the class.
2.) If a student wishes to transfer to another course, he/she must notify the Community Education Office at 209-6295. Students are allowed to make one transfer to another course at no additional cost as long as the courses are of equal value. Transfers are subject to space availability. No transfer requests will be honored on or after the first day of class.

ENROLLMENT
12-15 students will be required as a class minimum, so please register early.

Your registration may determine if a class runs!

MATERIALS
Registrants are responsible for the cost of materials and supplies where they are required.

ENTRY TO BUILDING
Please enter through the Freeman Road gym doors or the Baker Road entrance for all classes at the High School.

SCHOOLS ARE CLOSED ON THE FOLLOWING DATES:
(Classes at other locations may still meet-check with your instructor)
October 11 - Columbus Day
November 11 - Veteran’s Day
November 25 & 26 - Thanksgiving Recess
ALL CURRENT COVID-19 GUIDELINES WILL BE FOLLOWED.

EMERGENCY CLOSINGS: In the event classes have to be cancelled due to unforeseen emergencies or inclement weather, an announcement will be made on the local stations at the earliest possible time. Every effort will be made to reschedule class time that is cancelled.

If Orchard Park Schools are closed, then there are no Community Education classes.

COMMUNITY EDUCATION DIRECTOR:
Jonathan Wolf

ADMINISTRATIVE ASSISTANT and BROCHURE COORDINATOR:
Laureen Cislo
Watercolor Painting

Lynn Jay

Students in this class will learn the fun and relaxing hobby of watercolor painting learning new techniques or improving the skills they already have. Open to all, this class will walk beginner students through a step-by-step process to learn the basics hands-on! All new students will paint a landscape project. Lessons will include laying a wash and shading and texturing techniques. Once students gain confidence with their newfound artistic abilities, they will progress to painting objects of their choosing from their own photographs or from teacher supplied pictures. Samples of instructor’s watercolors can be seen at www.lynnjay.com. Call instructor at 649-1127 for supply list before you purchase supplies or if you already have watercolor supplies. Recommendations are available to purchase good quality supplies at reasonable prices.

Tuesdays, September 28 -November 16
6:30-8:30pm  8 weeks
HS Room 153  $80.00  ages 21+

Do you have a skill or a talent you would like to share?
Become a Community Education Instructor!
Contact us at 209-6295 for more information!
**ACRYLIC PAINTING FOR KIDS**

Kids ages 5 & Up will enjoy this 2-hour class on acrylic painting. Each class will feature a new painting and completed paintings will be ready to take home at the end of the class. Aprons are provided but dress accordingly as paint can stain clothing.

Register early~Class size is limited to 15.

Drop off begins at 5:30 pm
Painting begins at 6:00 pm
Class ends/pick up at 8:00 pm

Completed paintings can be viewed at: https://milton-web.wnyric.org/canit/urlproxy.php?_q=aHR0cHM6Ly93d3cuZmFjZWJvb2suY29tL2dyb3Vwcy81MjgyMTk1MTc2ODAwMjgvaHR0cHM6Ly93d3cuZmFjZWJvb2suY29tL2dyb3Vwcy81MjgyMTk1MTc2ODAwMjgw%3D&_s=b3JjaHBhcms%3D&_=c=3c42e9d4

---

**JACK SKELLINGTON**
Friday, October 15
6:00-8:00pm
HS Room 153
$20.00

**FA LA LA LLAMA**
Friday, November 19
6:00-8:00pm
HS Room 153
$20.00

**GINGERBREAD HOUSE**
Friday, December 10
6:00-8:00pm
HS Room 153
$20.00

---

Other kids’ classes can be found on:
Page 14-Horseback Riding Camp and Spanish,
Page 15-Performing Arts, Page 16-Lacrosse and Soccer, Page 18-Horseback Riding Lessons
The following classes are held at:
Designing Dish
138 Grey Street, East Aurora
www.designingdish.com  655-4456
Register through Orchard Park Community Education

Pumpkin Mandala Class
Thursday, September 30th
6:00-8:00 pm
Pick your choice of gourds to decorate with the mandala style of dotting.
Two different gourds to choose from. Your color choices are your own. Instruction of mandala also in your color choices.
Pieces will be fired and ready to pick up the following week.
Cost of materials will be $35.00 (payable at Designing Dish)
Register through Orchard Park Community Education. $15.00

Cookie Decorating with a Decorated Cookie Plate
Thursday, October 7th
6:00-8:00 pm
Designing Dish is teaming up with the Bakers Men to provide a fun filled active cookie class. Painters will learn the basic of cookie decorating with the Bakers Men, and receive two cookies to decorate. Then will decorate a cookie plate either for fun or holiday themed. Plates will then be fired and ready for pick up the following week.
Cost of materials will be $55.00 (payable at Designing Dish)
Register through Orchard Park Community Education. $15.00

The Giving Plate
Thursday, October 28th
6:00-8:00 pm
Show up to Thanksgiving with this classic Giving Plate design. Choice of platter and the poem is transferred with a silk screen and then you personalize and decorate to your own style. Piece will be glazed and fired and ready to be picked up the following week. All is food safe and makes for great gift giving.
Cost of materials will be $40.00-$65.00 per painter depending on choice of plate.
Register through Orchard Park Community Education. $15.00

• Senior citizens (ages 55+) receive a $3.00 discount per course (unless otherwise specified in the course description). Please deduct $3.00 from your payment.
• All lab fees are to be paid directly to the instructor.

Please let us know you plan on attending!

REGISTER EARLY!!!
DRIVING

**Driver Education** is offered by the Orchard Park Central School District as a service to the community. The **FALL** program will run from September 27 through late December/early January. All students must pre-register on-line to obtain a line assignment number. Details, including approximate time schedules, will be available on the District website (www.opschools.org).

Saturday, September 11th will be the actual registration at Orchard Park High School beginning at 8am. (please report to the cafeteria)

The cost is $460.00 (no refunds).

(The textbook fee of $20.00 will be collected the first day of class)

For more information, call 209-6295.

**5-Hour Pre-Licensing Courses** will be held on the following dates from 6:30 – 9:00 PM in room 115 at the Orchard Park High School:

Monday & Wednesday, October 4 & 6  6:30 – 9:00 PM
Monday & Wednesday, December 6 & 8  6:30 – 9:00 PM
Monday & Wednesday, February 7 & 9  6:30 – 9:00 PM

You must attend both sessions, be 16 or older and have a valid NYS Learner’s Permit. There is a $35.00 fee, please complete a registration form and mail it in with your payment (make checks payable to Orchard Park Central School District) Call the Community Education Office at 209-6295 for more information.

*There is a $5 per form replacement fee for any lost completion certificates or pre-licensing certificates.*

**AARP Smart Driver Course**

This two-session course covers important driving skills, accident prevention and rules of the road. Those who complete the course may qualify for a 10% discount on their automobile liability and collision insurance premiums for three years and have up to 4 violation points subtraced from their license. **A $5 non-refundable, non-transferable, pre-registration fee paid in cash or check (payable to Orchard park Central School District) and mailed in with your registration form is required.** Students must pay the instructor $25 if you are an AARP member or $30 for non members with a check or money order payable to AARP Smart Driver Course at the first class. You must show your AARP card to the instructor to pay the reduced $25 rate.

Wednesday, November 3 & Thursday, November 4  2 sessions  6:00-9:00pm

HS Room 121

Fee:  $5.00 due to Orchard Park Community Education with Registration

$25.00 AARP member to instructor (payable to AARP Smart Driver Course)

$30.00 Non-member to instructor (payable to AARP Smart Driver Course)

NO SENIOR DISCOUNTS
The Fundamentals of Stock Investing  Robert Stoklosa
Do you have a desire to invest but fear the stock market jargon and complexity? Gain a basic understanding of how to participate in the stock market. Learn how to read quotes, S & P and Value Line Reports and also how to research a company. Build confidence in understanding and using the information you hear on TV and from other “expert” sources. Other sources for accurate and current stock information, including the internet as well as ordering and trading stocks, will be explained. The last class, held in the computer lab, will be an introduction to the internet to learn how to get stock quotes, news and research.
Tuesdays, November 2, 9 & 16
7:00-9:00pm  $20.00 (no discounts)  3 sessions  (ages 21+)
HS 129, HS 2nd floor Dell Lab (last class only)

Protecting Your Money from Medicaid  Les Robinson
Remove the Threat of Medicaid, Long-Term Care and Nursing Home events on your Money, Income & Family
Long-Term Care & Medicaid are the single greatest threat to your retirement security and yet most Americans have never talked to their Financial Professionals about these concerns. This planning system works to bring together Retirement and Long Term Care Planning to protect you from losing your money, income and independence to Long-Term Care and Medicaid Events.

The LesLTC Process℠ helps to reduce the greatest threat to your retirement plan.
Topics in Class:
•Protect your Personal Choices and financial independence
•Remove the hidden financial threats to your money by Medicaid and inflation
•Understand the consequences of having of not having a plan on your money and income stream
•How to avoid Medicaid Spend down mistakes and maintaining eligibility for Medicaid
•What other Long-Term Care Options Available
•Maintaining eligibility for Medicaid
•Learn how to reduce emotional and financial burdens of Medicaid on your family
•Protect your money and income from a Long Term Care & Medicaid Event
•Develop a safe and secure plan
•Not to be a burden on your children
•Be in Control
•Keep your dignity
•Keep your Independence
•Avoid impoverishing your spouse from a Medicaid and a Nursing Home Event

Tuesday, October 12  HS Room 121
OR Choose one online class: 9/29, 10/6, 10/27, 11/3
6:30-8:30pm
$10.00(no discounts)  (ages 21+)
Buying and/or Selling a Home  
Thomas Liolos  
Whether you are a first time homebuyer or are looking to sell your house and buy your next - this is a class for you. Learn what you need to do to place yourself into today’s purchase market. We will discuss all parts of the home buying process from Pre-Approval right through to closing!  
Thursday, October 21  
6:00-8:00pm  
HS 121    1 session  
$10.00    (no discounts)  
(ages 21+)

Social Security Planning 101  
Paul Hutchings, Financial Planner  
This class will cover what everyone needs to know about Social Security. Often when one is planning to retire he/she ponders, will my Social Security be taxed? When should I take Social Security? Will my spouse receive benefits? Can I receive benefits from an ex-spouse? Will working affect my Social Security Benefit? Get answers to these questions and more, to help make the best Social Security decision for you!  
Wednesday, October 13  
7:00-8:30pm  
HS 121    1 session  
$10.00    (no discounts)  
(ages 21+)

Investing for Minors  
Paul Hutchings, Financial Planner  
Have you ever said, “I wish I would’ve started investing sooner?” Planning for the future is one of the best ways to invest; unfortunately most don’t get started until later in life. Take a step to change that by investing for the next generation. If you’re a parent, grandparent, aunt or uncle this class will provide you with the tools needed to invest for education, short-term goals and even retirement for the children in your life. In addition, you’ll learn about the potential benefits for both the child & you!  
Wednesday, November 10  
7:00-8:30pm  
HS 121    1 session  
$10.00    (no discounts)  
(ages 21+)

FIRST AID COURSES

Child & Babysitting Training  
The Child & Babysitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include starting a business, leadership, CPR, choking and first aid. As an American Safety & Health Institute trained babysitter, they’ll gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over one 4 hour session. Students who successfully complete the program will receive a babysitter’s text, first aid kit, and certification card.  
Saturday, October 30  
9:00am-1:00pm  
HS Commons  
1 session  
$60.00  
***Please bring a bag lunch!***  
***Please be sure to include date of birth on registration form***

Adult, Child & Infant CPR / AED  
The Safety Company  
Adult, Child and Infant CPR / AED training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. The course is held over one 3 hour training session. Students who complete the program will receive a text and 2 year certification card.  
Wednesday, October 27  
6:00-9:00pm  
HS Room 121  
1 session  
$55.00
Restorative Yoga       Jennifer Chavanne
After a long day, take time for self care from your busy life filled with noise from phones, work, and daily stressors. Come onto your mat to relax, create spaciousness in your body/mind, restore and invite a state of calm. Doing such a practice allows us to become less reactive to difficulties and happier as we step off our mat. As we work through quieting the mind, gentle Hatha yoga postures, deep restorative work, breathwork and stillness inviting more flexibility, strength, balance and energy to carry the work off the mat into our everyday life.
Cultivating calm, more peace in mind and body and balance!

Please bring a yoga mat, block, belt and pillow to sit on.

Thursdays 5:00-6:00pm
7 classes $40.00
September 30 - November 18 (no class 11/11)
South Davis Gym

Sheila’s Fitness Jam

MUSCLE FLEX - Strength Training - Now available on ZOOM!!!
MON - WED - FRI MORNINGS 8:30-9:00 AM
$75 for 10 weeks.
This is the BEST 30 minute workout. Challenge every muscle group in JUST 30 MINUTES. Strength training is an essential part of any balanced workout. This “choreographed” class targets every muscle while taking the drudge out of weight training. Muscle Flex will beautifully tone your muscles, increase strength, improve bone density AND increase your metabolism. This program is the answer to adding strength training to your exercise regime. The best part is, it’s a blast, AND IT WORKS. You will need an 8-14# body bar, or two 4-7# dumbbells

SHEILA’S AEROBIC JAZZ - ALSO ON ZOOM
MON - WED - FRI MORNINGS 9-10 AM
$75 for 10 weeks.
A little Jazz, a little funk, and a whole lot of Fun!. Dance your way to fitness in the privacy of your home. This is a totally balanced fitness program with easy to follow routines, starting with a thermal warm-up, active stretch and low impact aerobic dance routines. Add light weights, abdominal work and cool down / stretch, gets you the results you want!

FREE TRIAL CLASSES- see if this is for you
AUGUST 30 - SEPTEMBER 3
USE THIS LINK TO TRY A CLASS FOR FREE
Register in advance for this meeting:
https://zoom.us/meeting/register/tJwodOGqrD8tHtGTn蔼au5Q2BkA1y_i6UhzDFR

Do you have a skill or a talent you would like to share? 
Become a Community Education Instructor!
Contact us at 209-6295 for more information!
Pricing: One class per week (8 classes) $76.00  
Two classes per week (16 classes) $132.00  
Three Classes per week (24 classes) $148.00  
Aerobic Pass (unlimited) $160.00  
Register through Orchard Park Community Education  
(NO SENIOR DISCOUNT)  
Classes start the week of September 27th. 8 week session. 55 minutes per class.  
Call 568-0246 for information on how you can get free classes through your health insurance. Classes cannot be pro-rated, missed classes may be made up.

Location: Orchard Park Presbyterian Church, 4369 South Buffalo St., Orchard Park, NY 14127

Pilates Fusion – Low Impact, mat based exercises that build strength, tone and stretch. Pilates Fusion may be traditional mat or may include the use of bands, weights, rollers or discs.  
Bring a floor mat.  
Tuesdays 6:30pm     Start Date: 9/28

Location: Ebenezer Church of Christ, 630 Main St., West Seneca, NY 14224

BOOT CAMP -A combination of cardio, bodyweight and strength training …keeps your muscles challenged for the best results. Bring a set of hand weights and a floor mat.  
Mondays 5:30pm     Start Date: 9/27

Pilates Fusion – Low Impact, mat based exercises that build strength, tone and stretch. Pilates Fusion may be traditional mat or may include the use of bands, weights, rollers or discs.  
Bring a floor mat.  
Mondays 6:30pm     Start Date: 9/27

Barre-This workout is a unique approach to BARRE Workouts, fusing the best of Pilates, Yoga, Cardio and Strength training exercises. Bring a floor mat and small weights.  
Wednesdays 6:00pm Start Date: 9/29     Saturdays 9:00am Start Date: 10/2

Yoga- Improve your flexibility, decrease stress and maintain your health. Class will include a series of postures to stretch the body. Relax the mind with meditation and breathing exercises. Bring a floor mat.  
Wednesdays 7:00pm Start Date: 9/29

Location: St. John’s Lutheran Church, 3512 Clinton St., West Seneca, NY 14224

20-20-20 Workout – 20 minutes of cardio/20 minutes of toning with weights/ 20 minutes of floorwork.  
Tuesdays 5:00pm     Start Date 9/28

Zumba – It’s an effective, easy to follow Latin dance inspired class that’s moving millions of people toward joy and health. Ditch the Workout…Join the Party!  
Thursday 5:30pm     Start Date 9/30
Weight Loss with Hypnosis
Are you serious about reducing your weight, improving your health and wellness? Do you have a desire to achieve your ideal weight without deprivation? Then we invite you to attend a comprehensive workshop that allows you to discover the food and lifestyle choices that will improve your health and wellness. **Topics include:** deconstructing sugar cravings, good fats/bad fats, releasing unhealthy foods from the diet, hormonal imbalances that contribute to weight gain; affirmations, visualizations and hypnosis, and relaxation techniques designed to melt stress and unwanted pounds. Materials included. **Bring a sleeping bag and two pillows for the hypnosis process.**

Date: Tuesday, October 12
7:00 – 9:00 pm
Lab Fee: Reinforcement CD’s are available $10
$40.00
1 session
HS Media Center Classroom (2nd floor)

Reiki Practitioner
Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, and attunement.

**Location for Reiki Classes:** Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224

**Reiki Practitioner Level 1**
Saturday, October 2
9:00 AM – 5:00 PM
1 Session: $150

**Reiki Practitioner Level 11**
Saturday, October 16
9:00 AM – 5:00 PM
1 Session: $150

**Advanced Reiki Practitioner Level**
Saturday, October 23
9:00 AM – 5:00 PM
1 Session: $150

Introduction to the Emotional Freedom Technique (EFT)
The Emotional Freedom Technique, or EFT, is the psychological acupressure technique recommended to optimize your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body’s ideal healing and preventative powers if emotional barriers stand in your way.
In this class you will learn how to use this healing modality for a variety of issues. **EFT is very easy to learn, and will help you:** remove negative emotions, reduce food cravings, reduce or eliminate pain, implement positive goals, and much more.

Visit [www.EFTuniverse.com](http://www.EFTuniverse.com) for more information. **Class size is limited - register early!**

Date: Tuesday, October 5
7:00 pm – 9:00 pm
Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224
Cost: $35

Chakra Balancing Energy Medicine NEW!
The chakras are seven main energy centers in your body that affect your physical, emotional, mental and spiritual well-being. Many people’s chakras are not balanced. They are often blocked, overactive or inactive, resulting in imbalances and low energy. In this class you will learn the properties of the chakras and how to balance them. By awakening the chakras through special techniques, the energy begins to move in the right direction bringing you positivity, peace, clarity, high energy, balance and success. This class is an interactive and relaxing experience giving you self-help tools. **Class size is limited so please register early.**

Date: Tuesday, October 19
7:00 pm – 9:00 pm
Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224
Cost: $35

Continued on page 11
VISION BOARD – A Powerful Tool to Manifest Your Dreams  NEW!
Vision boards are a visualization of where you want your life to go (both personal and professional) in the next 12-18 months. Often, they are a collage of pictures and words that speak to your aspirations. We will also be discussing the law of attraction and how to apply the principles for results along with a visualization process to future pace your dreams and desires. Vision boards are effective for a variety of reasons:
They create a space and time for you to tap into the dreams you have for your future.
They help in getting these general aspirations into a concrete image.
They tap into the unconscious and creative parts of your brain.
Vision boards can keep you focused on the big picture throughout the year.
They can help you in prioritizing important projects that will help you meet your goals.
They can help you stay energized and motivated, especially when you feel overwhelmed.
Supplies will be provided. However, if you have some old magazines and scissors, please bring them. This is a fun and interactive class.  Class size is limited so please register early.

Date: Tuesday, November 2
Fee: $35
Time: 7:00 – 9:00 pm
Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224

The Art of REFLEXOLOGY for Self-Help  NEW!
Reflexology is a natural healing art based on the principle that there are reflexes in the feet, hands, face and ears that correspond to every part of the body. Through the application of pressure on these particular areas, reflexology serves to relax tension, improve circulation and promote natural function of the related areas in the body. This class will focus on the history, reflexology maps for the feet, hands, face and ears with practical self-help demonstrations and practice. This is a fun and interactive workshop providing you with techniques you can begin to use immediately. Instructor is an ARCB certified reflexologist.
Class size is limited so please register early.

Date: Tuesday, October 26 7:00 – 9:00 pm
Location: Seneca Springs Wellness, 3648 Seneca Street, West Seneca, NY 14224 Cost: $35

Continue
Lifelong Learning
With Community Education Classes!
Holistic Arts
Create Your Life ~Life-Enrichment Seminars by Jesse Wicher
Register through Orchard Park Community Education.
For additional information call 821-1404 or email HolisticArts@hotmail.com

Secrets of Happiness
Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!
5 sessions: Tuesdays, September 28 – October 26, 7 – 9 pm …. $125
Zoom link will be emailed.

Meditation for Relaxation and Personal Healing
Do you suffer from stress, anxiety or sleeplessness— or even high blood-pressure or hypertension? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.
5 sessions: Wednesdays, September 29 – October 27, 7 – 9 pm …. $125
Zoom link will be emailed

Psychic Development and Mediumship
Think you’re not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection!
5 sessions: Thursdays, September 30 – October 28, 7 – 9 pm …. $125
Zoom link will be emailed

Emotional Release for Inner Peace
Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.
1 session: Monday, September 27, 6:30 – 9 pm …. $35
Zoom link will be emailed

Practical Compassion
Each of us is seeking the goodness we need for our lives in the best way we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through the sometimes painful lessons of life. In this five-week course, you will learn to apply the universal principals of compassion to bring more acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. This class will give you the practical tools you need to create sustainable personal boundaries to help you live and love more openheartedly in your life. So come learn to expand beyond the barriers that separate us and become the healing change you wish to see in your world!
5 sessions: Tuesdays, November 2 – November 30, 7 – 9 pm …. $125
Zoom link will be emailed
Self-Growth and the Art of Singing
Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: “Singing with your own voice,” “Getting out of the way,” and “Letting go of judgments.” This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life—NO SINGING REQUIRED! Come learn what good singing can teach you about good living!
1 session: Monday, November 15, 6:30 – 9 pm …. $35
Zoom link will be emailed

Reiki Certification Classes
Become a certified Reiki healer. During these in-depth sessions, you will delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each course level provides training, course manual, attunement and in-class experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki!

Reiki Level I Certification
1 session: Saturday, October 2, 10 am – 5 pm …. $175
Zoom link will be emailed
In-person: 1 session: Saturday, October 9, 10 am – 5 pm …. $175

Reiki Level II Certification
1 session: Saturday, October 23, 10 am – 5 pm …. $199
Zoom link will be emailed
In-person: 1 session: Saturday, October 30, 10 am – 5 pm …. $199

Advanced Reiki Training
1 session: Saturday, November 13, 10 am – 5 pm …. $159
Zoom link will be emailed
In-person: 1 session: Saturday, November 20, 10 am – 5 pm …. $159

Multi-Dimensional Reiki
1 session: Saturday, December 4, 10 am – 5 pm …. $159
Zoom link will be emailed

Reiki Level III Master & Teacher Certification
1 session: Saturday, December 11, 10 am – 6 pm …. $249
Zoom link will be emailed
In-person: 1 session: Sunday, December 12, 10 am – 6 pm …. $249

**ALL HOLISTIC ARTS CLASSES WILL BE HELD ONLINE VIA ZOOM:** Upon registration for your class you will be emailed a unique Zoom web link invitation that you can click to automatically join the class at the scheduled class time via computer—no other action is required! If you wish to join the class on your smartphone or tablet, you will first need to download the free Zoom app and set up your free Zoom account in order to join using the web link invitation.

***In-person Reiki classes will be held at the Robert A. Binner Educational Center, 1050 Maryvale Dr., Cheektowaga, NY 14225, Room TBA
Spanish for the Elementary Years
Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student’s ability to absorb rather than translate the language. If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students! Join the fun! Program is offered at dismissal at each of the schools below.

*Parents must pick up their child after class.*

- **Eggert** Tuesday 3:15 - 3:55 10/19, 10/26, 11/2, 11/9, 11/16, 11/23
- **Ellicott** Tuesday 3:15 - 3:55 10/19, 10/26, 11/2, 11/9, 11/16, 11/23
- **South Davis** Thursday 3:15 - 3:55 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (No class 11/11, 11/25)
- **Windom** Tuesday 3:15 - 3:55 10/19, 10/26, 11/2, 11/9, 11/16, 11/23

6 classes $88.00

**REGISTER ON LINE AT:** www.TheEnrichmentCompany.com
If you have any questions, contact The Enrichment Company at 1-833-436-7424

---

**Hoofbeats Horseback Riding Camp**
Karen Kindel

Camp available on Columbus Day Holiday! The day includes one hour of supervised riding as well as full horse care instruction including grooming, identification of tools and brushes, hoof care, feeding, nutrition, and first aid. Safety is the rule at the stable, so hard hats are required. If you don’t have one, we have extras. A flat sole shoe with a small heel is recommended. Bring lunch or snack and a drink.

Ages 6 & up.
$55.00 Send registration fee to Orchard Park Community Education.
Monday, October 11
9:00am-12:30pm Location: 6243 Benning Rd.
**The following PERFORMING ARTS CLASSES are held at Walh Performing Arts Studio, a Dance & Musical Theatre Training School with faculty consisting of college-educated professionals with national and international performance credits. The studio is located at: 2937 Soutwestern Blvd., Orchard Park. Register through Orchard Park Community Education. Visit www.walhstudios.com for more information.**

**Hip Hop For Kids**
Come and learn the latest dance moves, in one of our most exciting classes! Great exercise, and great fun!
Recommended attire is leotard & dance pants for girls, and athletic clothing for boys. Hip Hop shoes or clean sneakers only.
Cost: $85
Ages 6-8 years old
Classes meet Saturdays 10:45-11:30am. (10/2-11/6)

**Musical Theatre**
Do you love Broadway shows and movie musicals? Musical Theatre class will introduce the techniques of dancing, acting, and singing. Students will learn dance moves, acting and theatre through games, and music from the Broadway genre.
Cost: $85
Ages 6-8 years old
Classes meet Saturdays 11:30am-12:15pm. (10/2-11/6)
Ages 9-12 years old
Classes meet Mondays 6:15-7pm. (9/27-11/1)
Ages 13-18 years old
Classes meet Mondays 7-7:45pm. (9/27-11/1)

**Jazz Class**
Students will experience the strength, grace, athleticism, poise, stretch, and conditioning that jazz has to offer. Jazz dance is fast-paced, uses popular music, and benefits school athletes and artists alike. Prepare for your school musical auditions. Come join us!
Cost: $85
Ages 6-8 years old
Classes meet Thursdays from 4-4:45pm. (9/30-11/4)
Ages 9-12 years old
Classes meet Tuesdays 4-4:45pm. (9/29-11/3)
Ages 13-18 years old
Classes meet Mondays 7:45-8:30pm. (9/27-11/1)

**Acro Class**
Students will learn tumbling skills such as cartwheels, handstands, backbends, walkovers, etc. Class will emphasize improving flexibility, strength, balance, and technique through tumbling acrobatics.
Cost: $85
Ages 6-8 years old
Classes meet Saturdays 10:45-11:30am. (10/2-11/6)
Ages 9-12 years old
Classes meet Saturdays from 9:15-10am. (10/2-11/6)
Ages 13-18 years old
Classes meet Tuesdays 5:30-6:15pm. (9/28-11/2)

**Broadway Babies**
Is my child ready to start dance lessons? Preschoolers can experience our outstanding Broadway Babies program, which combines the fundamentals of ballet and tap dancing. Students should purchase pink ballet shoes and black patent leather tap shoes for this class.
Cost: $85
Ages 3-5 years old
Classes meet Mondays 6:15-7pm. (9/27-11/1)
Classes meet Wednesdays 4-4:45pm. (9/29-11/3)

**Tumble Tots**
Introduction to Tumbling fundamentals. Tumble Tots classes will combine Acrobatics and Ballet. Students should purchase pink ballet shoes, and have footless tights. Tumbling/Acro portion will be barefoot.
Cost: $85
Ages 3-5 years old
Classes meet Wednesdays 4:45-5:30pm. (9/29-11/3)
**Orchard Park Lacrosse Fall Ball**

Orchard Park Lacrosse Fall Ball is offered as a service to the community.

*Practices will consist of skill development and game play.*

*Players will be grouped based on skill level.*

Please visit www.orchardparklacrosse.com and click on Fall Lacrosse to register.

**When**: Sunday Mornings  September 12 - November 14

Information on practice changes and field updates will be posted on orchardparklacrosse.com  
For more information contact Coach Forcucci at lforcucci@opschools.org

---

**Soccer ~ Intro to Soccer Program for Ages 2-5**

Classes offer character development and soccer fundamentals in a non-competitive and age appropriate environment!

**MINI ~ 2 to 3 year olds**

**Time**: 5:00-5:30pm  or  5:35-6:05pm  $102.00

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

**CLASSIC ~ 3 to 5 year olds (Pre-K)**

**Time**: 6:10-6:55pm  $102.00

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

**Mondays**: September 27 - November 22 (no soccer on 10/11, 10/25)

**Location**: Ellicott Gym

---

You may register by mail or in person as soon as you receive your brochure.

Office hours are 7:00am-3:30pm Monday through Friday.

Evening registrations will be held on September 14 & 16, 2021 from 6:00-8:00pm each evening in the Community Education office at the High School. We are located adjacent to the cafeteria near the Baker Road Foyer. Registration forms are located on page 26.
LEISURE & RECREATION

Let’s Dance!!!

Beginner/Improver Line Dance Class
Barb Addeo, Line Dance Instructor
If you are new to line dancing or wish to brush up on your dance skills, this is the class for you. We will start at a beginner level with basic steps, counting and patterns and progress into high beginner and improver dances. Step sheets are provided for all dances taught.
Mondays September 27 - November 15 (no class 10/11)
7 classes 6:30-8:00pm HS Cafeteria
$38.00 (No senior discount and no refunds after class begins)

Beginner Ballroom & Latin Swing Dance
Beginner dance instruction in Foxtrot, Waltz, Rumba, Cha Cha and Swing.
Tuesdays 6:30-7:30pm
October 5 - November 23
8 classes $100 per couple
HS Commons

Dancing ~ with Allan & Joanne Smith
Energize with Ballroom and Latin Swing dancing! A great way to meet new people, exercise, develop confidence, and have more fun at parties, dances and weddings!
Fly-Tying, Fly-Fishing Equipment, and Techniques
Instructor: J. Thomas Bergstue, Master Fly Tyer

The class includes fly-tying highly effective patterns for game fish, with an emphasis on salmon and trout. Patterns are demonstrated step-by-step as the students tie in every class. The class welcomes the beginner tyer but will also challenge the advanced fly-fisherman. Equipment used in the sport, along with tips and techniques for success will be taught in each session. Experienced fly-tyers are welcome to bring their own equipment, however, Fly-tying equipment (Vise, Bobbin, Scissor) will be provided for each student for use in class. All Fly-tying materials and hooks, for each pattern taught, will be provided for in-class use.

Tuesdays, September 28 - November 2
6 classes  6:00-9:00pm  HS Room 120
$150.00

NYS Safe Boating and Personal Watercraft Safety Class
Tricia Andrzejewski

This course is taught by a New York State Certified Educator and meets the NYS requirements for a Personal Watercraft (PWC) Boating Safety course. It is intended to provide a basic knowledge of safe and legal boating practices. This is an 8-hour instructor led workshop, which includes a textbook and a 50 question multiple choice exam, which you MUST pass. Satisfactory completion will earn you an official completion certificate, is approved by the AASBLA and meets education requirements for states with boater education laws. Course completion is good for life and is recognized by the US Coast Guard. Participants must be over 10 years of age at the beginning of course. This certificate may also entitle you to a 15% discount annually on your watercraft insurance. The fee includes all books, materials and final exam. The state charges $10.00 for the certificate which will be paid separately – details given during class. The registration fee DOES NOT include the state certificate and is paid directly to NY upon completion of the course.

Tuesday, September 28 and Thursday, September 30   4:30-8:30pm
2 classes  $40   HS Room 121

HORSEBACK RIDING LESSONS   For Kids and Adults!
Karen Kindel

These lessons will cover riding and horsemanship. Learn to handle horses safely and assertively on their backs and off with individual attention from the instructor. Students will learn English Hunt Seat Riding. We use close-contact, forward seat saddles, and have safe, quiet horses. We provide protective headgear or hard hats. A flat sole, low heel shoe or boot is desirable to aid in safety. All riders will participate in grooming and care of animals so plan on staying longer than your assigned riding time. All days and times are available; any age or ability. Call 861-7843 for appointment.

No discounts. Register through Orchard Park Community Education.
Choose one:
• Four 20 minute lead line lessons $110.00 (ages 6 & under)
• Four 30 minute group lessons $170.00 (ages 7 & up)
• Four 30 minute private lessons $210.00 (ages 7 & up)
Lessons will be held at 6243 Benning Rd.
Special Interest

Notary Public Training Course
Pre-Recorded Zoom - Notary Course can be accessed anytime (Day or Evening) and is available 7 days a Week for 90 Days. Additionally, Customer Support is just a click away.
Be sure to include your email address on registration form.
On-Line Training Course Includes:
• Instant Access
• Notary Concepts
• Definition Review
• Sample Forms
• Notary Law Subsection Review
• Notary Facts
• Notary Prep Test
• 1 Full year & 24 hour access
$65.00

Introduction to Digital Photography
This class introduces the student to basic concepts of digital photography and instructs in some of the more common settings, controls and menus, including use of the histogram for proper exposure. Basic photography concepts including aperture, shutter speed and depth of field are reviewed in order to ensure an understanding of proper exposure. Common problems such as poor focus, red-eye, over/under exposure and incorrect color are discussed and simple solutions are reviewed. Attendees should bring their camera, charged battery, a memory card and their camera manual. This class does have a lab component so photographing in class will occur.
Tuesday, October 19
6:00-9:00pm
ages 21+
HS Dell Lab (second floor) $65.00

Hey, I Bet I Can Fix That, Or At Least Give It A Try!!!!
Jay Elliott
Have nagging SMALL household repairs that drive you crazy? Not sure if you are up to the job? Let me guide you through what you thought you could never do. This class may help you experience the personal satisfaction of tackling and completing those repairs! Feel free to come with a repair question!
Topics such as: Plugged sink, dripping faucet, toilet running, lamp repair, furnace thermostat, etc.
Thursday, October 14
1 session
HS 121
7:00-9:00pm $10.00

Why sign up early????????
The success of every class depends on you! If we don’t have enough participants signed up far enough in advance of when the course begins, we may have to cancel. By registering early, you are contributing to the success of the class!
ONLINE Singing Lessons for Everyone

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages!
Lessons are 30 minutes of private instruction.
Register through Orchard Park Community Education.
Introductory price for Community Education Students:
$110 for 5 lessons
5 week session - flexible scheduling!
Call 716-821-1404 or email HolisticArts@hotmail.com for additional information and to schedule your lesson time.
**Online singing lessons can be conducted using a computer, tablet or smartphone via Skype, Zoom and most other live chat platforms.

NEW! Instant Piano and Instant Guitar for Hopelessly Busy People

Instant Piano for Hopelessly Busy People
In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Be sure to include your email address on the registration form!
Topics include:
• How chords work in a song
• How to get more out of sheet music by reading less of it
• How to form the three main types of chords
• How to handle different keys and time signatures
• How to avoid “counting”
• How to simplify over 12,000 complex chords
Monday, November 15 6:30-9:30PM  $59.00

Instant Guitar for Hopelessly Busy People
Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.
Be sure to include your email address on the registration form!
Topics include:
• How chords work in a song
• How to form the three main types of chords
• How to tune your guitar
• Basic strumming patterns
• How to buy a good guitar (things to avoid)
• How to play along with simple tunes
Tuesday, November 16 6:30-9:30PM  $59.00
Life Enrichment Seminars with Richard D’Angelo

**Introduction to Meditation**
Almost everyone is familiar with the word ‘meditation’, but few know what it really is. What is known is that it can help you in many ways but again, few people are familiar with its benefits other than relaxation. In this class we will explore in depth not only what the meditative process is and how it can help you in profound ways, but also what your internal obstacles to the process are. You will better understand your natural resistance to it and why that resistance is there. At the end of class will engage in a meditation so that you can experience it for yourself.
If you feel frustrated and discouraged in life, this is the class you have been waiting for!
Wednesday, October 6  7:00 – 9:30 PM   HS Room 230  1 session  $30

**Angels, Spirit Guides and You!**
Many things have been written and said about angels…are they real? Do they really care about your everyday problems? Are they with us now? How can I establish contact?
These are just some of the questions people have about these amazing beings. Whether you are a skeptic or a believer doesn’t matter. This is a non-religious class, which will answer all of your questions and give you a step-by-step process so that you can connect with them that very night! In addition contact information will be given for Spirit Guides and Archangels as well. All of your questions will be answered!
Come and join us for a fascinating evening of learning and discovery!
Wednesday, October 20   7:00 – 10:00 PM   HS Room 230  1 session  $30

**Change Your Mind, Change Your Life**
In this class we will be taking an in-depth analysis of how and why our world is the way it is and the correlation between that and your mind. During the presentation and various demonstrations, you will:
- Learn how to see auras
- Know how to protect yourself against the negative energy of others
- Discover your inner blocks to your own happiness
- Have your energy measured
- Learn how to send energy to another and what it’s like to receive it
- And most importantly, you will understand how you influence the world around you in a very substantial way.
This class is not only very informative, but it’s fun. Come and join us!
Wednesday, October 27  7:00 – 10:00 PM   HS Room 230  1 session  $30

**“The Call of Paradise”- A Spiritual Journey to Hawai’i**
Have you ever dreamed of traveling to Hawai’i? Sun-kissed beaches. Fiery volcanoes. Lu’au feasts. The gracious beauty of a hula dancer. Hawai’i is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America. Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai’i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the lush islands of Maui and Kaua’i. Here we will drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. We’ll tour the “Grand Canyon of the Pacific” and experience Kaua’i’s mystical Na Pali Coast, all the while surrounded by the song of wintering humpback whales. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world’s beliefs that call Hawai’i home.
For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai’i in early 2022. So come join us for an evening of inspiration and let the magic of Hawai’i “call you home” to Paradise!
***For more information visit https://treeoflifetourshawaii.wordpress.com/
1 session: Monday, October 18, 6:30 – 9 pm …. $15
Zoom link: https://us02web.zoom.us/j/87170712182

21-CE
Spanish – Online

Learn Spanish in the comfort of your own home!
Spanish with Tiffany offers courses that are taught completely via e-mail and CD-Rom. Each lesson in this 6-week course includes a written transcript and interactive audio files. A CD-Rom containing the audio files will be mailed to each student following registration. A written lesson in MS Word will be sent via e-mail each week. A short review assignment will be sent and handed in via e-mail mid-way through the course. Students will be able to correspond with the instructor directly via e-mail freely throughout the duration of the course. Please include your email address when registering. Late registrations accepted.

Beginner Spanish Online  Start date: Monday September 27
This 6-week online course will teach you the basics of the Spanish language, from the alphabet and numbers to forming sentences with verbs and adjectives. You will learn written and spoken Spanish with emphasis on the Latin American pronunciation and accent. This course is perfect for people in the working world who interact with a Spanish-speaking public and would like to gain basic intro-level Spanish communication skills. Also great for anyone looking to learn basic Spanish for personal use at a relaxed pace from home. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering. $75.00

Spanish for the Healthcare Professions Online  Start date: Monday September 27
This 6-week online course will teach you the basics in health care terminology and communication with Spanish-speaking clients in a health care setting. Taught with the Latin American pronunciation and accent, this course is perfect for doctors, nurses, physician assistants, physical therapists, and anyone who interacts with a Spanish-speaking public in the healthcare setting. Emphasis will include vocabulary of organs and body systems, hospital terminology, diseases and conditions, pertinent questions about medical history, and how to give simple commands such as when performing a physical exam. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Students will be able to correspond with the instructor via e-mail freely throughout the duration of the course. Requirements for the course: Intro-level Spanish knowledge, CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering. $75.00

Intermediate Spanish Online  Start date: Monday September 27
This 6-week online course is a continuation of material following Beginner Spanish Online. It includes past tenses of verbs, subjunctive tense, future tense, extended vocabulary, commands, adverbs and other intricacies of the Spanish language. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Additional requirements for this course are Beginner Spanish proficiency, preferably having first taken the Beginner Spanish Online course. Please include your e-mail address when registering. $75.00

Spanish for Travel Online  Start date: Monday September 27
This 6-week online course is perfect for anyone traveling to a Spanish-speaking area. It focuses on terminology, conversational material, and questions and phrases pertinent to travel and activities. Topics such as the airport, the hotel, the bank, medical emergencies and tourist activities are covered. No familiarity of Spanish necessary. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering. $75.00
TRIPS & TOURS

ALL TOURS: Make checks payable to Know How Tours and send to: Orchard Park Community Education, 4040 Baker Road, Orchard Park, NY 14127. Please include a list of the names, addresses, and phone numbers of all people taking the trip. It is standard procedure for Know How Tours to send out a confirmation. If you do not receive one, please call Know How Tours at 649-9694 to assure that you are registered.

PROOF OF CITIZENSHIP: CROSSING INTO CANADA VIA MOTORCOACH - ALL PASSENGERS GOING INTO CANADA WILL NOW BE REQUIRED TO PRESENT PROOF OF CITIZENSHIP BEFORE BOARDING THE COACH. IT IS OUR RESPONSIBILITY TO CHECK THAT EACH PERSON HAS THIS PROOF WITH THEM. IN ORDER TO PROTECT THE OTHER PASSENGERS FROM A DELAY, ANYONE WHO CANNOT SHOW PROPER ID TO THE TOUR ESCORT, WILL BE DENIED ENTRY ONTO THE COACH. FURTHERMORE, THERE WILL BE NO REFUND GIVEN FOR THE MISSED TOUR.

All U.S. & Canadian citizens who are 16 and older traveling between the U.S. and Canada, will be required to present one of the following forms of ID: • PASSPORT • PASSPORT CARD • NEXUS CARD • ENHANCED NYS DRIVER’S LICENSE - OR ANY OTHER AUTHORIZED ENHANCED LICENSE

U.S. and Canadian citizens who are 15 years old & under will still be allowed to travel with their birth certificates, as will teens between the age of 16-18 if they are part of an adult supervised group. Children who are not traveling with a parent must have a notarized permission note signed by the parent.

NO DISCOUNTS – NO REFUNDS - NO CANCELLATIONS

LETCHWORTH ARTS & CRAFT SHOW SATURDAY, OCTOBER 9

Begin with Lunch at the GLEN IRIS INN, located in LETCHWORTH STATE PARK. Then proceed to the ANNUAL LETCHWORTH ARTS & CRAFT SHOW, sponsored by the ARTS COUNCIL FOR WYOMING COUNTY, presents the finest of artists, artisans and craftspeople from all over the country. The show takes place at the Highbanks Recreation Area of Letchworth State Park. Enjoy peak fall foliage at the spectacular “Grand Canyon of the East” along with the best in pottery, paintings, quilts and fiber arts, handcrafted jewelry, photography, furniture, decorative painting, dried floral pieces and more – just in time for holiday gift shopping. Over 300 artisans display their wares along with plenty of food vendors and many other activities for the whole family. Have Approx. 3 ½ hours to visit the 300+ Craft Vendors. Note: Please wear comfortable walking shoes – there IS walking involved in this tour.

CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION:
• Lemon Chicken •Roast beef

Tops in West Seneca; 355 Orchard Park Road, West Seneca NY
DEPART: 10:00 am RETURN: 6:00 pm
$89

GHOST STORIES OF NYS-GENESEE COUNTRY MUSEUM MONDAY, OCTOBER 11

Explore eerie folktales of supernatural visits and haunted happenings from across New York State on a guided walking tour through the shadowy corners of the largest living history museum, the GENESEE COUNTRY VILLAGE AND MUSEUM. Handed down from generation to generation, these ghostly stories persist to the present day – and some are based on historical accounts. Mildly theatrical, largely historical and thoroughly … unnerving (one-hour walking tour.) This experience also includes the general admission to the museum, a self-guided experience throughout the museum as well which includes a trolley running for your leisure to hop on and hop off throughout our group’s visit. Also included in our visit is a beer tasting. Suggestion: Wear comfortable walking shoes throughout the village museum.

We will make a stop at KUTTER’S CHEESE in Corfu en route home to purchase some delicious cheeses!

CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION:
• Homemade Chicken Pot Pie • Open Faced Roast Beef Sandwich • Vegetarian Lasagna

Tops in West Seneca; 355 Orchard Park Road, West Seneca NY
DEPART: 9:00 am RETURN: 6:00 pm
$119

Please visit www.knowhowtours.com for information on optional travel protection insurance.

Please visit www.knowhowtours.com for current Covid guidelines.

Checks for tours must be made payable to KNOW HOW TOURS.

Thank you!
"GOLDEN SENIOR MOMENTS"  
STATION DINNER THEATER- ERIE, PA- COMEDY SHOW  
FUHRMAN'S GENERAL STORE & CIDER  
We're off to ERIE, PA for the unforgettable MUSICAL COMEDY at the ever-popular STATION DINNER THEATER, “GOLDEN SENIOR MOMENTS.” In the spirit of “The Old Folks” sketches from the Carol Burnett Show, the Station Players bring you “Golden Senior Moments”...we all have them, a hysterical collection of short comedy sketches, and song parodies in a good-humored look at the “Golden years.” A comical salute to the Senior Citizen in all of us. A sure hit, no matter if you are young or old. Song Parodies include: “I Remember It Well” from Gigi, “I Am Woman (Hear me Roar)”, “The Way We Were”, “Yesterday /Help/ Eleanor Rigby”, and much more!  The final stop is FUHRMAN’S GENERAL STORE to shop for festive & Fall specialties. You may want to stop by their bake shop in the back to purchase some goodies. There are some Fall findings throughout the store including fresh cider you may wish to purchase.  
Tops in West Seneca; 355 Orchard Park Road, West Seneca NY  
DEPART: 10:30 am RETURN: 6:30 pm  
$105  

OKTOBERFEST CABARET LUNCH CRUISE  
Head to WATKINS GLEN & board CAPTAIN BILL’S for a TWO-HOUR CRUISE with LUNCH & THEMED ENTERTAINMENT. It's an afternoon of OKTOBERFEST CABARET STYLE. The fall cast will entertain you with these Bavarian favorites ...Beer Barrel Polka, Edelweiss, Cabaret, Happy Wanderer, Lippen Schweigen, Danke Schoen, Lili Marlene, and many more! This afternoon, we will visit LIVELY RUN DAIRY FARM & CREAMERY. In the heart of the Finger Lakes Region sits LIVELY RUN DAIRY FARM & CREAMERY in Interlaken, NY. Their standard group tour includes a 10-minute video explaining the history of Lively Run Dairy, the cheese-making process, and more. Additionally, guests get to visit the barn, see the goats and interact with them. Guests will end the tour with a cheese tasting. A fast restroom stop will be made on the way back.  
CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION:  
• BRATWURST & KNOCKWURST IN BROWN BEER SAUCE  
• SAGE STUFFED CHICKEN  
• CRAB STUFFED SOLE  
• ROAST BEEF  
Tops in West Seneca; 355 Orchard Park Road West Seneca NY  
DEPART: 8:30 am RETURN: 7:30 pm  
$129  

THE OIL CREEK & TITUSVILLE RAILROAD  
FALL COLORS & SPECTACULAR MUSIC MUSEUM  
Begin this great fall morning and get ready for fall travel to the “valley that changed the world.” Hop aboard the OIL CREEK & TITUSVILLE RAILROAD – traveling in their FIRST CLASS TRAIN CAR. You will be where oil history began. Enjoy a relaxing TRAIN RIDE through OIL CREEK STATE PARK which takes you back in time as tour guides describe fortune seekers who brought the world’s first oil boom. See the sites of towns that grew overnight, then vanished as the oil flow ceased. Learn the history of railroading and its importance to the region then and now. A DELUXE BOXED LUNCH is included for the train ride. We will complete the day in the DEBENCE ANTIQUE MUSIC WORLD & MUSEUM. SEE & HEAR OVER 100 OLD TIME MUSICAL INSTRUMENTS. Calliopes, Carousel Band Organs, Music Boxes, Nickelodeons and more! A camera is a must on this tour. A fast food dinner stop will be made on the return.  
DELUXE BOX LUNCH on board train includes: Vegetarian style Italian pasta salad, seasonal fresh fruit, baby carrot & crisp celery sticks, chicken salad & croissant, sliced Virginia ham & swiss on sweet yeast roll, condiments, homemade cookie & bottled water. Plastic ware, salt/pepper, wet-nap and heavy duty paper napkin included.  
Tops in West Seneca; 355 Orchard Park Road, West Seneca NY  
DEPART: 7:30 am RETURN: 7:30 pm  
$119.00  

GROVE CITY OUTLET SHOPPING  
We’re on your way to GROVE CITY PREMIUM OUTLETS, Western Pennsylvania’s premier outlet shopping destination with 90+ stores, up to 65% off, making it a “Bargain Shoppers Paradise!” Plus there is NO TAX on clothing in PA! Shops include: Adidas, Aerie by American Eagle, Aeropostale, Banana Republic, Brooks Bros., Calvin Klein, Carters, Coach, Columbia, Eddie Bauer, Kate Spade, Nautica, Oakley, OshKosh, Pac Sun, Polo by Ralph Lauren, Nike, Tommy Hilfiger, and MORE! Upon arrival at the Mall, receive a DIRECTORY and DISCOUNT CARD & COUPON BOOK for various stores. Enjoy lunch on your own at the food court. A quick restroom stop will be made on the way down and back. *stores may vary  
Tops in West Seneca; 355 Orchard Park Road, West Seneca NY  
DEPART: 8:00 am RETURN: 9:00 pm  
$65
“CASH & CLINE” TOGETHER AGAIN MUSICAL TRIBUTE  
TUESDAY, NOVEMBER 16  
SENECA ALLEGANY CASINO-GENERAL SEATING SHOW - TRANSPORTATION - $25 CASINO FREE SLOT PLAY  
Travel to the SENECA ALLEGANY CASINO for a MATINEE SHOW EVENT – ““CASH & CLINE” TOGETHER AGAIN- MUSICAL TRIBUTE. Relive these legendary performers in a tribute to the 1962 U.S. tour of Johnny Cash and Patsy Cline starring Monica Heuser and Scott Moreau. Scott has been traveling the US and Canada as Johnny Cash in the Broadway smash hit MILLION DOLLAR QUARTET and Monica is currently starring in Menopause, The Musical at the Luxor in Las Vegas. Monica toured the US and Canada portraying Patsy Cline in the national tour of CLOSER WALK WITH PATSY CLINE. This electrifying tribute to Cash and Cline’s greatest hits including Ring of Fire, Crazy, Jackson, Lovesick Blues, Walkin’ After Midnight and many more.  
SEATING IN EVENT CENTER IS GENERAL SEATING. FIRST COME FIRST SERVE. YOU WILL RECEIVE TICKET TO THE 2:00 PM SHOW AND $25 SENECA SLOT DOLLARS.  
VALID PHOTO ID REQUIRED TO RECEIVE CASINO INCENTIVE. (PASSPORT OR DRIVER’S LICENSE) BRING YOUR SENECA PLAYERS CARD IF YOU HAVE ONE.  
*Casino incentive is the offering of the casino, and as such, is subject to change without notice.  
Niagara Scenic Tours does not guarantee casino incentive which includes meal coupons.  
Tops in West Seneca; 355 Orchard Park Road West Seneca NY  
DEPART: 8:30 am  
RETURN: 5:30 pm  
$89

NEW YORK CITY~12 HOURS IN THE CITY  
SATURDAY, DECEMBER 4 OR DECEMBER 11  
Spend 12 hours in the city any way you wish! Visit a friend, skate at the Rockefeller Ice Rink, take a cruise on the Hudson River, visit a favorite attraction, hop on a double decker sightseeing bus tour, shop or see the Rockettes. The Rockefeller tree will be set for you to enjoy! $109  
TENTATIVE ITINERARY  
Friday  
11:30 pm  Depart Tops in West Seneca, 355 Orchard Park Road  
Travel to NYC with rest and food stops  
Quiet time hours 12 midnight to 6 am  
Saturday  
5:30 am Approx. time for last rest stop before arriving in NYC  
7:30-8:00 am Approx. arrival in NYC  
Drop off : Rockefeller Center  
7:45 pm Meet at the Time Warner Building- Columbus Circle  
8:00 pm SHARP Depart for home with rest stops  
Quiet time 10 pm until return drop off point  

DICKENS CHRISTMAS IN SKANEATELES  
SUNDAY, DECEMBER 5  
$95  
Dickens Christmas, a holiday tradition, celebrates weekend each year in Skaneateles, NY. Charles Dickens and his cast of characters welcome you to the annual DICKENS FESTIVAL. Begin with a SIT DOWN LUNCH at the popular SPRING SIDE INN, an Auburn favorite. Enjoy lunch at this historic Inn, located on the North end of Owasco Lake. Then step back in time and celebrate the holidays the old-fashioned way at the DICKENS CHRISTMAS FESTIVAL. Enjoy horse drawn wagon rides around the village, Carolers, Street Theater, Roasted Chestnuts & Hot Chocolate. The Street Performances entertain throughout the day through 4:00 pm and there’s plenty of shopping for those perfect holiday gifts at the over 70 unique gift shops, boutiques and eateries. Plan ahead by visiting www.skaneateles.com for those who like to preplan.  
CHOOSE ONE ENTRÉE WHEN MAKING RESERVATION:  
• Stuffed Boneless Chicken with house dressing  
• Baked Virginia Ham with Peach Glaze  
• Baked Haddock in Lemon Butter Sauce  
Tops in West Seneca; 355 Orchard Park Road West Seneca NY  
DEPART: 9:00 am  RETURN: 7:30 pm  $95

Checks for tours must be made payable to KNOW HOW TOURS. Thank you!
Please use these forms to register for all courses. Send one registration card for each course.
Please make checks payable to Orchard Park Central School District (unless otherwise stated).
Please do not include lab fees with payment.
REGISTER EARLY!
Your registration may determine if a class runs!

Don't wait by your mailbox! The only time you will hear from us is:
• If there is a change in the date or location
• If the class is full
So, if it's almost time for your class to start
and you haven't heard from us, you're in!

Important Notice!

Do you have a skill or a talent you would like to share?
Become a Community Education Instructor!
Contact us at 209-6295 for more information!